



A black belt is a white belt who never quit.

GREEN Belt Curriculum

Your GREEN curriculum will take approximately 4 months or 32 classes.

GREEN Belt Techniques

- 1) All WHITE Belt Techniques**
- 2) All YELLOW Belt Techniques**
- 3) All ORANGE Belt Techniques**
- 4) All PURPLE Belt Techniques**
- 5) All BLUE Belt Techniques**

6) Eagle Claw

Attacker – Right hook punch.

Defender

- Step back with right foot into a sparring stance as left outward chop block.
- Right front kick to groin advancing.
- Right palm/claw to face.
- Guard.

7) Windmill Guard

Attacker - Right straight punch.

Defender

- Step to left side with left foot as left parry to punch.
- Right chopping block to punch.
- Right counter grab to punch.
- Right wheel kick.
- Cover out.
- Guard.

8) Fish Hook

Attacker - Right hook punch, left hook punch combo.

Defender

- Step forward with your right foot into a fighting stance.
- Right inward block to attacker's right punch, keeping your left hand covering.
- Right extended outward block to attacker's left punch.
- Left heel palm to attacker's face.
- Right corkscrew punch to attacker's left temple/jaw hinge.

- Circle chop.
- Guard.

GREEN Belt Katas

- 1) All WHITE Belt Katas**
- 2) All YELLOW Belt Katas**
- 3) All ORANGE Belt Katas**
- 4) All PURPLE Belt Katas**
- 5) All BLUE Belt Katas**

6) AmeriKick 4

- X block, into a natural stance.
- Left foot steps to 9 o'clock into bow stance as left hand chops, right reverse punch.
- Right foot steps to 3 o'clock into bow stance as right hand chops, left reverse punch.
- Return to natural stance.
- Step back with right foot into forward bow stance as you x-block high above head (chop position).
- Bring chops down to sides.
- Right front kick to 12 o'clock.
- Chicken kick to 12 o'clock (left foot kicks first).
- Forward roll and get up onto left knee facing 12 o'clock.
- Left punch followed by right punch.
- Slow tension crane strike (low to high) into slow tension tiger claw (high to low) with right hand.
- Turn into a sparring stance facing 6 o'clock as left chop block.
- Right roundhouse kick advancing to 6 o'clock.
- Right step behind hook kick to 6 o'clock.
- Land into a sparring stance facing the front 12 o'clock position.
- Right side thrust kick forward landing into a sparring stance.
- Left spinning hook kick landing into a reverse bow stance with a right downward chop block Left foot steps to 9 o'clock into sparring stance, left rising block, right reverse punch into forward bow stance.
- Right hand outward block, left reverse punch into forward bow stance.
- Left foot crosses in front of the right foot (one step), flying side kick.
- Land into a horse stance as right downward block.
- Turn into a forward stance facing 7 o'clock with a left downward block.
- Right hammer fist parry into a left rising block.
- Right reverse punch.
- Right roundhouse kick into a tornado kick.
- Land into a side bow stance with the left leg back as right side punch and left dragon palm.
- Step up with left foot and high X block into double downward palms to sides.
- Bow.
- AmeriKick team salute.

GREEN Belt Basics

- 1) All WHITE Belt Basics
- 2) All YELLOW Belt Basis
- 3) All ORANGE Belt Basics
- 4) All PURPLE Belt Basics
- 5) All BLUE Belt Basics
- 6) Shuffle Hook Kick
- 7) Shuffle Wheel Kick
- 8) Shuffle Side Kick
- 9) Spin Crescent Kick
- 10) Switch Round Kick
- 11) Inward Crescent Kick
- 12) Outward Crescent Kick
- 13) Drop Side Thrust Kick
- 14) Switch Front Kick
- 15) Jump Back Knuckle
- 16) Jump Spin Back Knuckle
- 17) Flying Side Kick

The Principles of a Black Belt

As a dedicated student of the martial arts, I intend to live by the principles of a black belt; they are modesty, courtesy, integrity, self-control, perseverance and indomitable spirit.